Meet Sarah.

Sarah started her journey with South Suburban Parks and Recreation shooting hoops at age 11. She found a passion for sports and worked as a Champs Camp instructor in college. Now, Sarah runs South Suburban’s entire race series as a Recreation Coordinator. Sarah is just one of many employees who grew up working and playing at South Suburban. How cool is that?

Create your South Suburban story and help the next generation make lasting memories. With jobs for all ages and experience levels, there’s something for everyone!

careers.ssprd.org
ANNUAL MAINTENANCE WEEK CLOSURES

It’s that time of year again when South Suburban recreation centers close for one week to complete major projects and improvements to each facility. When one facility is closed, annual and punch passes can be used at any other recreation center.

CLOSURES

LONE TREE RECREATION CENTER  
AUG. 7-11
Improvements include:  
• Replace locker room benches  
• New flooring in hallways and cardio area  
• Update pool border tile  
• Paint pool walls  
• Install new pool chemical feeding systems  
• New lighting in gym  
• Update Oak Room flooring  
• Replace blinds

BUCK RECREATION CENTER  
AUG. 14-18
Improvements include:  
• Replace cabinets and counters in Depot Room  
• New lobby flooring

GOODSON RECREATION CENTER  
AUG. 28-SEPT. 1
Improvements include:  
• Replace cabinets and counters in Room 1  
• New landscaping in the courtyard  
• New office furniture  
• Replace carpet in the registration area  
• Refinishing wood floors  
• Paint doors and trim  
• Upgrade gym sound system  
• Replace gymnastics floor

CONSTRUCTION UPDATES

New Facilities at Littleton Golf and Tennis and Family Sports Dome

The new facility at Littleton Golf and Tennis will include a clubhouse and pro shop, six tennis courts, a larger kitchen and bar area, and outdoor seating.

The new Sports Dome at Family Sports Center will feature a 156’ x 264’ multipurpose synthetic turf field and athletics offices that will support high-quality programs, classes, and leagues year-round.

Both facilities are anticipated to open Fall 2023.

WANT TO KNOW MORE?

South Suburban launched Game Plan, a new website dedicated to construction and planning projects throughout the District. Learn more about timelines, detours and improvements to facilities, parks and trails in your neighborhood.

View current projects and keep an eye out for opportunities to share your thoughts at:

gameplan.ssprd.org

REGISTRATION FOR FALL 2023

BEGINs JULY 18

DROP-IN

Practice your skills and ace your game with drop-in pickleball times across the District. Outdoor courts are located at Cornerstone Park and are free to play. Indoor courts are available at the Sports Complex from 9-11 am and 1-3 pm Monday-Friday. There is a daily admission fee to play. Beginners – bring a group of four to learn together on one court.

LEAGUES

Men’s, women’s and mixed doubles (3.0-3.5) leagues begin in June at Cornerstone Park. Morning and evening sessions are available.

Learn more at: ssprd.org/pickleball

YOU ASKED, WE LISTENED!

Demand for more outdoor pickleball courts is on the rise and South Suburban is making it happen. Currently, construction is underway for six lighted courts at the Lone Tree Recreation Center. The facility also includes a new shade pavilion, picnic tables, bike racks and improved landscaping. It’s anticipated to open summer 2023.

South Suburban and Highlands Ranch Metro District are looking at a future partnership to build a pickleball facility on the southwest corner of South Broadway and West County Line Road. The proposed site will potentially feature courts, a new parking lot, pro shop, office space, restrooms, shade pavilions and spectator seating. The planning process has started for this collaborative venture.
SUMMER EVENTS

YOGA IN THE PARK
May-August | 6:30-7:30 pm
Belvedere Park
Take a deep breath of fresh air at free outdoor yoga classes! Bring your own mat to practice and unwind in the great outdoors.

MUSIC ON THE PATIO
Weekends at South Suburban and Lone Tree golf courses
South Suburban and Lone Tree Golf Course patios are the place to be on the weekends this summer from June 2-Aug. 25. Enjoy lively music and food and drink specials at both courses. These weekly events are free, but space is limited. Visit ssprd.org for dates, bands and more information.

42ND ANNUAL HIGH LINE CANAL RUN 5K & 10K
May 6
High Line Canal
A local favorite! Runners of all ages and abilities are invited to participate in the 42nd Annual High Line Canal 5K and 10K along the scenic High Line Canal Trail. Register at ssprd.org/raceseries.

PANCAKE STAMPEDE 5K
Aug. 13
Mary Carter Greenway
Work up an appetite for a deluxe post-race breakfast at the Pancake Stampede 5K! The race takes place on the Mary Carter Greenway along the South Platte River, and is part of Littleton’s Western Welcome Week celebration. Register at ssprd.org/raceseries.

ESPORTS SHOWCASE
May 20 | Noon-10 pm
South Suburban Sports Complex
South Suburban eSports is proud to present the Spring Showcase for high school, collegiate, amateur and pro players and teams to celebrate Colorado school, collegiate, amateur and pro esports. The players and teams will compete in the opening of our new off-leash dog park and playing fields at David A. Lorenz Regional Park. This family- and dog-friendly celebration will have food, games and fun to kick off the summer.

DAVID A. LORENZ REGIONAL PARK CELEBRATION
May 31 | 4-6 pm
Please join us to celebrate the grand opening of our new off-leash dog park and playing fields at David A. Lorenz Regional Park. This family- and dog-friendly celebration will have food, games and fun to kick off the summer.

SHAKESPEARE IN THE WILD
Aug. 18-20 & 25-27
dKeOveEnd Park
Experience a classic play at dKeOveEnd Park! A theatre troupe will perform Shakespeare works on Aug. 18-20 and 25-27. These events are free and open to the public.

BLUFFS 8K TRAIL RUN
Aug. 27
Bluffs Regional Park
Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree. The course is fine crushed gravel with some rugged, steep areas along the route. Register at ssprd.org/raceseries.

SUMMER BEATS CONCERTS
June 15 & July 20 | 6-8 pm
Prairie Sky Park in Lone Tree
June 15: Ryan Chrys & the Rough Cuts
July 20: 6 Million Dollar Band
Bring the whole family to Lone Tree for an evening of crafts, food and dancing! Kids activities and food trucks begin at 5 pm. These free concerts promise a rockin’ good time.

2023 Park Improvements

Abbott Park
Centennial
New playground, shade pavilion, basketball court and accessible routes

Cherry Park
Centennial
New playground, shade pavilion, san-o-let enclosure and landscape improvements

Fairways at Lone Tree Park
Lone Tree
New playground, shade pavilion, san-o-let enclosure and landscape improvements

Linksview Park
Centennial
New playground, shade pavilion, san-o-let enclosure and landscape improvements

Little Dry Creek Park
Centennial
New playground, shade pavilion, san-o-let enclosure and landscape improvements

Lonesome Pine Park
Acre Green
New playground, basketball court, shade pavilion and tennis courts

TrailMark Park Playground
Littleton
New playground and accessible routes

Writers Vista Park
Littleton
New restroom and shade pavilion

PARK AND RECREATION MONTH: WHERE COMMUNITY GROWS

July is Park and Recreation Month, and South Suburban is excited to celebrate all of the ways our parks, trails, open spaces, recreation facilities, programs and residents help the community we love grow.

We know recreation is a priority when choosing where to live, and South Suburban always strives to meet the needs of our community. As South Suburban’s population is expected to grow by nearly 75% in the next four years, updates to our Master and Strategic Plans include replacing aging facilities, improving recreation offerings and maintaining the same quality programs our residents enjoy today.

PARK IMPROVEMENT PROJECTS

In the most recent Master Plan survey, residents prioritized local, neighborhood parks. Improvements are planned for eight neighborhood parks this year! Visit gameplan.ssrd.org for the most recent updates.

OUTDOOR FITNESS CLASSES

Enjoy fresh air and sunshine with South Suburban’s outdoor fitness options this summer. Jump in the pool and get moving with Aqua Fitness at Cook Creek and Ben Franklin pools in June and July. Take advantage of free Yoga in the Park, a partnership with RidgeGate. Bring your mat and water and join in on May 30, June 27, July 25 and Aug. 29 from 6:30-7:30 pm.

ADOPT-A-PARK

South Suburban’s Adopt-A-Park program is back! Share your time to help keep local parks and trails clean and inviting for everyone to enjoy. South Suburban provides all the materials and training needed for individuals, small groups or even large companies. Learn more at ssrd.org.

MAKE A SPLASH AT OUTDOOR POOLS

Prepare for a summer of fun at South Suburban’s four outdoor pools! Ben Franklin, Cook Creek, Harlow and Holly pools all open Memorial Day weekend.

SWIM TEAMS

Practice, compete and make new friends on a summer swim team. Swimmers ages 6-18 can have fun and improve their skills by joining the Ben Franklin Fish, Cook Creek Wahsos or Holly Park Sharks. Practice with a team and compete in weekly meets throughout the metro area.

POOL PARTIES

Turn summer celebrations into unique and fun pool days! Flip, slide and dive with friends at a Cook Creek Pool birthday party. Learn more and reserve space for your celebration at ssrd.org/birthdays.

OUTDOOR POOLS

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<table>
<thead>
<tr>
<th><strong>RECREATION AND COMMUNITY CENTERS</strong></th>
<th><strong>ENTERTAINMENT &amp; SPORT FACILITIES</strong></th>
<th><strong>NATURE FACILITIES</strong></th>
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<tr>
<td><strong>DOUGLAS H. BUCK COMMUNITY RECREATION CENTER</strong></td>
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<td><strong>HUDSON GARDENS &amp; EVENT CENTER</strong></td>
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<td>sspd.org/Family-Sports-Center</td>
<td>hudsongardens.org</td>
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<td>303.797.8787</td>
<td>303.708.9500</td>
<td>303.737.8565</td>
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<td><strong>GOODSON RECREATION CENTER</strong></td>
<td><strong>SOUTH SUBURBAN SPORTS COMPLEX</strong></td>
<td><strong>SOUTH PLATTE PARK AND CARSON NATURE CENTER</strong></td>
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<td>303.730.1022</td>
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<td><strong>SPORTS DOME</strong></td>
<td><strong>CORNERSTONE BATTING CAGES</strong></td>
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<td>6959 S. Peoria St., Centennial</td>
<td>5098 S. Windermere St., Littleton</td>
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<td>ssprd.org/Lone-Tree-Recreation-Center</td>
<td>sspd.org/Sports-Dome</td>
<td>sspd.org/County-Line-BMX</td>
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<td>303.708.3500</td>
<td>303.754.0541</td>
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<td><strong>SHERIDAN RECREATION CENTER</strong></td>
<td><strong>COUNTY LINE BMX</strong></td>
<td><strong>COLORADO JOURNEY MINI GOLF</strong></td>
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<td>3325 W. Oxford Ave., Sheridan</td>
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<td>ssprd.org/Sheridan-Recreation-Center</td>
<td>8560 S. Colorado Blvd., Centennial</td>
<td>sspd.org/Colorado-Journey</td>
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<td>303.761.2241</td>
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<td><strong>LONE TREE HUB</strong></td>
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<td><strong>For more amenity, admission rates, facility rentals and holiday hours information, please visit sspd.org.</strong></td>
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<td>8827 Lone Tree Pkwy., Lone Tree</td>
<td>Lone Tree Golf Club &amp; Hotel</td>
<td>Hudson Gardens</td>
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<td>ssprd.org/The-Lone-Tree-Hub</td>
<td>9808 Sunningdale Blvd., Lone Tree</td>
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<td>720.245.2601</td>
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<td><strong>SOUTH SUBURBAN GOLF COURSE BAR AND GRILL</strong></td>
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<td>303.770.1882</td>
<td><strong>For more amenity, admission rates, facility rentals and holiday hours information, please visit sspd.org.</strong></td>
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<td>303.754.0544</td>
<td><strong>COLORADO JOURNEY MINI GOLF</strong></td>
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</table>
OUTDOOR SWIMMING POOLS

BEN FRANKLIN POOL
1600 E. Panama Dr., Centennial
ssprd.org/Ben-Franklin-Pool
303.798.5922

COOK CREEK POOL
8711 Lone Tree Pkwy., Lone Tree
ssprd.org/Cook-Creek-Pool
303.790.7665

HARLOW POOL
5151 S. Lowell Blvd., Littleton
ssprd.org/Harlow-Pool
303.798.6269

HOLLY POOL
6651 S. Krameria Way, Centennial
ssprd.org/Holly-Pool
303.770.0333

SOUTH SUBURBAN GOLF COURSE
7900 S. Colorado Blvd., Centennial
golf.ssprd.org/South-Suburban-Golf-Course
303.770.5500

LITTLETON GOLF AND TENNIS CLUB
5800 S. Federal Blvd., Littleton
golf.ssprd.org/Littleton-Golf-and-Tennis-Club
303.794.5838

TENNIS

HOLLY TENNIS CENTER
6651 S. Krameria Way, Centennial
ssprd.org/Tennis
303.771.3654

SOUTH SUBURBAN ICE ARENA - TENNIS
6580 S. Vine St., Centennial
ssprd.org/Tennis
303.996.5474

GOLF COURSES

LONE TREE GOLF CLUB & HOTEL
9808 Sunningdale Blvd., Lone Tree
golf.ssprd.org/Lone-Tree-Golf-Club-Hotel
303.799.9940

FAMILY SPORTS GOLF COURSE
6901 S. Peoria St., Centennial
golf.ssprd.org/Family-Sports-Golf
303.649.1115

TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL
9808 Sunningdale Blvd., Lone Tree
ssprd.org/Tennis
303.768.8109

NONDISCRIMINATION POLICY
We prohibit discrimination against any patron or volunteer on the basis of race, color, sex, age, national origin, ancestry, genetic information, disability, religion, sexual preference or orientation, gender identity or expression, marital or military status, pregnancy, childbirth and related medical conditions, political affiliation, or any status protected by state or federal law. Americans with Disabilities Act: If you require special assistance, please call 303.483.7004.

GOLF COURSES

LONE TREE GOLF CLUB & HOTEL
9808 Sunningdale Blvd., Lone Tree
golf.ssprd.org/Lone-Tree-Golf-Club-Hotel
303.799.9940

FAMILY SPORTS GOLF COURSE
6901 S. Peoria St., Centennial
golf.ssprd.org/Family-Sports-Golf
303.649.1115

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6580 S. Vine St., Centennial
ssprd.org/Tennis
303.996.5474

REGISTRATION

3 EASY WAYS TO REGISTER
Online: register.ssprd.org
Phone: 303.347.5999
Walk-In

REGISTER ONLINE
The easiest way to register for South Suburban classes and programs is online! Visit register.ssprd.org and click on “catalog” to find your favorite class and register.

REGISTRATION OFFICES
Registration office is located in the Goodson Recreation Center, 6375 S. University Blvd., Centennial, CO 80121.
Hours: Mon-Thur 7:30 am-6 pm
Fri 7:30 am-5 pm
Sat 9 am-1 pm
Call the registration office at 303.347.5999.

SPORTS LEAGUES

To learn more about athletics leagues call 303.798.7515 or visit southsuburbansports.com.

REFUNDS/CANCELLATIONS
Refunds and transfers must be requested 3 business days prior to scheduled start of activity. There is a $5 service charge per class on requested refunds, or save the service charge by requesting a South Suburban gift card. Certain contractual classes may have additional cancellation charges. If we cancel an activity, no service charge will be assessed and a refund will be issued. Please allow 3-4 weeks for processing. Returned checks subject to additional fees. Check receipts for policy exceptions.

CODE OF CONDUCT
Appropriate social behavior is required for all programs and facility use. Individuals are encouraged to act in a way that will not physically, mentally, or emotionally hurt another person. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and/or facility standards.

INDEMNIFICATION AND WAIVER OF LIABILITY
By registering for any program, the registrant acknowledges that program activities carry certain risks for participants. Further, by registering, the registrant releases and indemnifies the District, its employees, agents, leaders, instructors, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property issued during participation in the activity. This release and indemnity is intended to be as broad as permitted by law.

PHOTOS, VIDEOS AND EMAIL ADDRESSES
We may periodically send you email updates. You can unsubscribe at any time. Do we not sell email addresses.

HOUSEHOLD PASSES
The fee structure for households is based on the following definition: two adults and up to three (3) dependent children up to the age of 17, all residing year-round in the same residence. For additional dependent children residing year-round in the same household, an additional child fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.

RESIDENCY
Use the District Address Search function on ssprd.org to learn if you live within the South Suburban boundaries to receive the resident rates. Additional proof of residency may be requested at any time, such as a current photo ID with your address printed on it or a current bill with the District address and customer name. 10 cards ($4) will only be required to receive discounted rates if you are a Resident golfer.

SCHOLARSHIPS
Scholarships are available for qualifying residents to use District facilities and participate in programs. To learn more about requirements and request an application, call the Registration Office at 303.347.5999 or visit ssprd.org/scholarships.
ACTIVE ADULTS

CLASSES

Find your new favorite hobby, or hone your skills at a craft you love. There’s something for everyone at our classes and programs designed specifically for adults, from Watercolors and Ceramics to Line Dance, Spanish and Acrylic Pour Painting. Connect with other adults who have the same interests as you and learn something new!

DROP-IN ACTIVITIES & GAMES

Stop by to connect with friends old and new with activities and games hosted at various times and locations throughout the week. Play Duplicate Bridge, work on your crochet or knitting projects at Happy Hooks and Needles, drop in for Pinochle or Poker and more! All drop-in activities and games schedules can be found on register.ssprd.org.

TRIPS AND TOURS

Enjoy a fun outing while we do the driving! Experience culture at a live theater performance or museums, or explore our beautiful state on day-trip excursions. From the Needles to the Bridge, Duplicate hosted at various times and locations throughout the week. Play games schedules can be found on register.ssprd.org. Stop by to connect with friends old and new with activities and games hosted at various times and locations throughout the week. Happy Hooks and Needles, drop in for Pinochle or Poker and more! All drop-in activities and games schedules can be found on register.ssprd.org.

CLASS & TRIPS

TRIPS AND TOURS

Sign up for the Active Adults eNewsletter at ssprd.org/Newsletter-Signup

Connect on Facebook!

facebook.com/groups/southsuburbanactiveadults

Stay Informed!

Sign up for the Active Adults eNewsletter at ssprd.org/Newsletter-Signup

RESOURCES

LOCAL INFORMATION & ASSISTANCE

Arapahoe County Council on Aging .................................... info@acoa.co.org
Arapahoe County Department of Human Services ................. 303.746.1130
Arapahoe County Fire Department ........................................ 703.540.5566
Centennial Senior Commission ............................................. centennicsko.gov
DRCOG Area Agency on Aging ............................................. 303.795.2400
Integrated Family Community, Services ......................... 303.795.2400
YTD Access A-Ride .............................................................. 303.299.2960
South Metro Housing Authority - Littleton .......................... 303.794.4665
Douglas County Human Services ....................................... 303.688.4825
Douglas County Senior Adult Services ............................... 303.814.4374
Douglas County Senior Center .......................................... 303.663.7681
Lone Tree Living and Aging Well Ad Hoc Committee ............ 303.225.4930

South Metro Seniors’ Council ............................................. 303.663.7681
Douglas County Senior Adult Services ............................... 303.814.4374
Douglas County Senior Center .......................................... 303.663.7681
Lone Tree Living and Aging Well Ad Hoc Committee ............ 303.225.4930

You can also find all of these classes on register.ssprd.org.

We’re hiring lifeguards and swim instructors! Immediate openings, as well as summer positions. Training available, plus great benefits! Apply at careers.ssprd.org. Contact Karl Brehm for more information at kbrehm@ssprd.org.
ARTS / EDUCATION

SUMMER CAMPS

ARTS AND CRAFTS

Shakespeare In The Wild
Experience a classic play at deKoevend Park! A theatre troupe will perform Shakespeare works on August 18-20 and 25-27. These events are free and open to the public.

YOUTH THEATRE
Learn to perform in front of others, use your imagination, create characters and build confidence in youth theatre classes.

ACTING

HOMESCHOOL ART PROGRAMS
These in-depth classes address art standards and explore a variety of media including drawing, painting, sculpture, collage, ceramics and printmaking.

MIXED MEDIA
Let your creativity soar as you experiment with multiple media such as paint, fabric, clay, canvas, paper, glue and more in Youth Mixed Media classes and workshops. Adult artists can explore, learn and grow in Art Studio and Abstract Acrylic Landscapes classes.

Want to Help Paint a Mural?
· Youth artists can collaborate on a Youth Public Art Project approved by South Suburban’s Public Art Committee. This class is perfect for the young artist looking to take their work to the next level! This year’s project will be painting a mural at Goodson Recreation Center.

COOKING

Classes and workshops featuring Watercolor, Encaustics, Fluid Acrylic Paint Pouring and other mediums for tots, teens, adults and specialty classes just for Active Adults! Little ones can explore in Parent Tot Sensory Art or Canvas and Cookies classes.

COOKING FOR KIDS
Cooking helps build independence, persistence and confidence in students. Learn skills to use in the classroom and at home in a Saturday Treats Workshop.

COOKING FOR ADULTS
Classes are designed around the customer’s desires and include recipes, in-depth instruction and sampling of the completed dishes. This summer, learn cooking techniques for Cooking with Wine, explore French Cuisine, and create exciting flavors with Thai Cuisine.

LEARN SOMETHING NEW

LANGUAGE LEARNING
Build vocabulary and improve fluency and listening skills in an Intermediate Spanish class. Practice your English in a fun and relaxed setting at an English Conversation Group meeting! Have casual conversations and ask questions about slang, grammar, words and culture while making new friends.

MUSIC

Music Together
Sing, dance and play! Enjoy interactive classes like Music Together and Crocodile Rock to lay the foundation for a lifetime of music appreciation.

MUSIC FOR TOTS
Fun Keys Semi Private Piano Lessons
These fun lessons feature popular piano teaching methods with catchy rhythms, melodies and chord progressions that students love to practice.

ART AND CRAFTS

Creativity Lab
There are opportunities for creators of all ages at Sheridan Recreation Center’s Creativity Lab! Imagine and build beautiful creations out of recycled treasures and found objects. The Creativity Lab is free with admission to the Sheridan Recreation Center.

PAINTING

COOKING FOR ADULTS
Classes are designed around the customer’s desires and include recipes, in-depth instruction and sampling of the completed dishes. This summer, learn cooking techniques for Cooking with Wine, explore French Cuisine, and create exciting flavors with Thai Cuisine.

CLAY

POTTERY

Explore the possibilities of clay work without the wheel, from boxes and bowls to platters and free-form art pieces in Pottery Beyond the Wheel, Youth Clay or Youth Sculpture classes.

POTTERY

Give this craft a spin with Adult Pottery classes for Levels 1-3, Introduction to Raku and Goodson Pottery Studio Open Lab Time, and Youth Pottery or Youth/Family Pottery classes for young creators.
ACADEMY OF DANCE

Academy of Dance classes offer challenging, comprehensive dance training designed specifically for students ages 3-18. Youth receive quality studio instruction in a fun and engaging setting at a fraction of the cost of other studio classes. Learn more at ssprd.org/Academy-of-Dance.

DANCE CAMPS

Get moving this summer! Explore various styles at dance summer camps, learn a routine and perform on the final day of camp. Dress up to twirl with style at Princess Dance Camp. Combine art and movement to create masterpieces in Art and Dance Camp.

DANCE CLASSES

Level 1 to Level 4.

DANCE PROGRAMS

Practice grace and strength in Adult Ballet for beginners or continuing dancers, or explore the many benefits of Belly Dance. Kick up your heels in Line Dance, feel the rhythm in Reggae Vibrations, or move to your favorite songs in Jazz / Broadway!

TAP

TAP X

Dancers ages 15+ can sign up for a beginning, intermediate or advanced Tap class to enjoy a vigorous, high-energy and fun way to exercise.

Ballet / Tap Combo

Ballet / Tap Combo classes are also available.

HIP HOP

Groove to the beat while learning new skills and techniques. Students will learn Hip Hop moves while working on coordination, strength and teamwork. Beginning, intermediate and advanced levels are available.

JAZZ

Experience the upbeat energy of Jazz, which combines classical ballet with modern and popular dance techniques. Beginning, intermediate and advanced levels available, as well as a Jazz / Tap combo class. Learn choreography and jazz technique while dancing to Disney and princess-themed music in Princess Musical Theatre Jazz.

LYRICAL DANCE

Lyrical Dance is perfect for anyone who wants to learn how to use movement to express emotions. Students work on balance, technique and creativity in beginning, intermediate and advanced sessions.

ADULT DANCE CLASSES

Practice fun routines with synchronized movements including group work, turns and jump sequences in Cheer / Poms.

ESPORTS CAMPS

Whether you're a seasoned pro or brand new to the genre, duke it out with various enemies, weapons and characters at Battle Royale Camp. Love to tinker and build? Jump on the custom South Suburban eSports Minecraft server and bring your ideas to life at Minecraft Camp. Meet new friends and prepare for local tournaments at Super Smash Bros Camp. Turn it to full throttle at Rocket League Camp, where you can master ball control, movement, aerials and more.

ESPORTS

Discover new friends and prepare for local tournaments at South Suburban eSports. South Suburban eSports is proud to present the Spring Showcase, a full-day event for high school, collegiate, amateur or pro players and teams to celebrate gaming in Colorado! Prepare for the next stage of your gaming path with organizer booths, guest speakers, raffles and awesome prize pools for multiple tournaments. Enjoy some competitive gameplay or watch the matches and meet new friends and colleagues!

When: Saturday, May 20 | Noon-10 pm
Where: South Suburban Sports Complex (4810 E. County Line Rd.)
Cost: $20 venue fee, FREE to enter tournaments

SOUTH SUBURBAN ESPORTS

SPRING SHOWCASE

South Suburban eSports is proud to present the Spring Showcase, a full-day event for high school, collegiate, amateur or pro players and teams to celebrate gaming in Colorado! Prepare for the next stage of your gaming path with organizer booths, guest speakers, raffles and awesome prize pools for multiple tournaments. Enjoy some competitive gameplay or watch the matches and meet new friends and colleagues!

When: Saturday, May 20 | Noon-10 pm
Where: South Suburban Sports Complex (4810 E. County Line Rd.)
Cost: $20 venue fee, FREE to enter tournaments

TOURNAMENTS

ROCKET LEAGUE 2V2 SERIES

Join the Rocket League 2V2 Series every Sunday at 2 pm online or in person at the South Suburban eSports Lounge. Get a partner, get signed up, and come get some wins!

Sign up at communitygaming.io/user/SouthSuburbanEsports

FIGHT GAME COMMUNITY

Step by for FGC Wednesday with Super Smash Bros Ultimate. FGC Saturday features Tekken 7 and Virtua Fighter 5. Check out the South Suburban eSports FGC Monthly on the second Sunday of each month to play all of our titles! Bracket starts at 7 pm.

OPEN PLAY GAMING

Join us for open play sessions during Daily Drop-Ins! Perfect your skills, try out new games, and meet friends while playing on our professional-grade equipment. Guarantee your spot by registering online or drop in and pay on site.

TABLE TOP GAMING

We enjoy old-school gaming as much as the new stuff here at South Suburban. Join us on weekends from 12-8 pm for some analog gaming! Bring a group and games, or swing by solo to meet new adventurers.

CONNECT WITH US

Connect with us for the latest updates and information on upcoming events.

South Suburban Parks and Recreation Summer 2023
**FITNESS / WELLNESS**

**GROUP FITNESS**

- **Alexander Technique**
  - movement habits with Drop-In Fitness calendar whenever you need it!

- **SilverSneakers®**
  - cut out this box and keep it on your fridge for easy access to
  - Visit ssprd.org/drop-in-fitness.html or scan the QR code below for times and locations.

- **Functional Motion**
  - Learn gentle corrective exercises for balance, strength and chronic pain relief in Functional Motion classes.
  - Learn how to improve postural and movement habits with Alexander Technique classes.

**CORE AND FUNCTIONAL TRAINING**

- **Small Group Training**
  - Feel comfortable and get motivated with South Suburban’s group training sessions. Start with one of the free Equipment Orientations and gain strength with Women on Weights, Active Adult Weight Training, and Commit to Get Fit. Stay mentally fit and stimulate your brain in Ageless Grace.

- **Parkinson’s Foundations**
  - Parkinson’s Foundations is designed for anyone experiencing mobility, cognitive, balance, or coordination issues, including Parkinson’s, MS, TBI, stroke, or neuropathy. Each session focuses on exercises that will improve overall fitness, mobility, reflexes, voice strength, and balance, all in a fun and friendly atmosphere.

**FREE EQUIPMENT ORIENTATIONS**

- **Learn safe and proper use of a variety of cardiovascular and weight machines from a certified personal trainer.**
- **Ages 10-13 may attend with a registered adult.**

**PERSONAL TRAINING**

- Achieve your goals through affordable training. South Suburban’s nationally-certified trainers will provide safe, effective workouts designed for each individual’s needs. Adult, youth and group rates available.

**HEALTH & WELLNESS**

- **Pilates 101**
  - Pilates utilizes a unique system of simple yet challenging stretching and strengthening mat exercises that target the core. Suitable for all levels.

- **Pilates Reformer**
  - Pilates Reformer classes offered for the beginner to the advanced student.
  - Try it out at Discover Pilates Reformer. Then move to Reformer Level 1 and work your way up to Level 3. Private Reformer sessions for individuals or groups available as well.

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- **Discover Pilates Reformer**
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- **Discover Pilates Reformer**
  - Discover Pilates Reformer. Then move to Reformer Level 1 and work your way up to Level 3. Private Reformer sessions for individuals or groups available as well.

**MASSAGE**

- Call 303.483.7080 for an appointment with a certified, licensed massage therapist at Goodson Recreation Center. Single massages can be purchased at the front desk. Notice: Massage packages are no longer sold, and any packages purchased before Jan. 1, 2023 must be used by Dec. 31, 2023.

**DROP-IN GROUP FITNESS CLASSES**

- Drop-in fitness classes are included with daily admission to any recreation center. Cardio, strength, cycling, dance, aqua fitness, mind/body, SilverSneakers® and so much more! Visit ssprd.org/drop-in-fitness.html or scan the QR code below for times and locations.

- **Looking for Drop-In Fitness Classes? Scan the QR Code below for an up-to-date schedule!**

- **Private Yoga and Tai Chi Sessions**
  - Improve your yoga or Tai Chi practice in private sessions with our certified instructors. Contact your recreation center for appointments.

- **Yoga with Suzanne**
  - Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.

- **Outdoor Fitness**
  - Enjoy the fresh air while staying active in outdoor fitness classes. Registration is open for Outdoor Aqua Fitness, Tai Chi and more!

- **SilverSneakers®, Silver & Fit, Renew Active/One Pass**
  - Get a general overview of the SilverSneakers®, Silver & Fit, and Renew Active/One Pass programs and facility tours. All members are welcome.

- **Insurance Benefit Plan Orientations**
  - A variety of SilverSneakers® classes are offered at each of our recreation centers to help you meet your health and wellness goals. Classes are included with daily recreation center admission. Try SilverSneakers® Circuit for a low-impact workout or SilverSneakers® Classic with a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. SilverSneakers® Yoga is also available for all abilities.
This 9-hole, par-31 executive golf course is perfect for those short on time, or those wanting to practice their short game. In addition to South Suburban’s PGA teaching staff, GOLFTEC provides individual outdoor lessons onsite at Family Sports Golf Course.

Family Sports Golf Course also features the Denver metro area’s only heated and lighted double deck driving range, open year-round, and late into the night! Golfers enjoy infrared heaters while hitting range balls on cold days or nights.

Adjacent to the driving range is an award-winning short game practice area featuring two large practice greens, two bunkers and the ability to hit up to 75-yard long pitch shots.

Avalanche Grill and Pro Shop
At the Avalanche Grill, catch your favorite sports on the big screen TV, watch the Colorado Avalanche practice on the ice below, or dine on the covered patio overlooking the golf course. Stop by the pro shop where our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. Family Sports enjoys a very low tax rate. We will also assist you with any warranty-related issue.

Lone Tree Golf Club & Hotel
This 18-hole, par 72 championship course features rolling fairways and greens and offers players incredible views of Denver and the Front Range. With five sets of tees, players can choose tees to match their handicap. Lone Tree offers great practice facilities with a grass tee driving range, large putting green and a short game area consisting of two chipping greens, two sand bunkers and one grass bunker.

Lone Tree Grill and Pro Shop
The Lone tree Grill is open seven days a week and is the perfect spot to grab breakfast before a round or a cocktail to unwind and relax. The Golf offers special specials, music on the patio in the summer and themed parties. Stop in the newly renovated pro shop to receive custom club fitting from professionals and enjoy competitive prices. It’s the perfect spot to find a gift for the golfer who has everything.

Lone Tree Hotel and Events
The Lone Tree Golf Club & Hotel offers unique sophistication with a traditional flare for all types of events, including weddings, corporate events, life celebrations and more! Feel confident that you and your guests will receive care and attention from start to finish by hospitality professionals attending to every detail, so you can enjoy your day!

In addition to 15 boutique hotel suites, Lone Tree offers a full catering kitchen tailored to your needs.

SOUTH SUBURBAN GOLF COURSE
Play a round in a picturesque mountain backdrop at this regional favorite! South Suburban is a superbly maintained, 18-hole regulation course, conveniently located in the south metro area. Whether your handicap is in the single or double digits, everyone enjoys playing this fun and challenging Dick Phelps-designed course. Take advantage of our short game practice area, which includes a 3,000-square-foot chipping and putting area, as well as a practice sand bunker.

Par 3 Course
The 9-hole, par 3 golf course is an excellent choice for those who are learning the game or have limited time.

South Suburban Golf Course
Whether you’re driving indoors or on the patio, the sweeping views of the golf course and mountains are the perfect complement to your meal. The Grill is open daily for breakfast, lunch and dinner with full bar service, daily specials and happy hour Monday-Friday. The Grill offers music on the patio during the summer and is available for your next event, reception or outing. Reservations are accepted and gluten-free items are available.

JUNIOR GOLF CAMPS
Focus on full swing and short game at a Junior Golf Camp, available at South Suburban, Lone Tree and Littleton golf courses. Students will learn basic fundamentals, safety and etiquette.

JUNIOR GOLF - ADVANCED PLAYING CAMP
The Family Sports Junior Golf Advanced Playing Camp features on-course play with instruction and includes a take-home video analysis. Must be able to carry your own set of clubs and play 9 holes.

JUNIOR GOLF & TENNIS
Try Junior Golf & Tennis for a fun opportunity to meet friends while trying new sports. Students will learn the basics of both golf and tennis at Lone Tree Golf Club & Hotel and Lone Tree Tennis Center.

SOUTH SUBURBAN’S NEW RESERVATION SOFTWARE
South Suburban launched a new golf tee-time reservation system in the spring! Existing golf accounts were automatically moved over to the new system, and golfers received emails with instructions for activating their accounts.

All tee times can be made at ssprd.org/tee-times. Please be patient, as this exciting system is new for the staff and our members. Allow for extra time to check in as we learn the system and work through bugs.

Highlights include:
- Simplified tee time reservation process
- Ability to check availability across all South Suburban courses
- 9-hole tee-time reservations
- Ease of adding additional players to a foursome

South Suburban Parks and Recreation Summer 2023

GOLF LEAGUES
YOUTH & ADULT LEAGUES
All four golf courses offer a variety of youth and adult leagues for every golfer. Most leagues run April-October. Call your favorite pro shop for more information. Youth golfers can also compete in the Junior Playing Series at South Suburban Golf Course.

GOLF CAMPS & CLASSES
ADULT CLINICS
Ups your game at Golf Clinics designed for intermediate and advanced golfers. Topics include putting, chipping/pitching, irons and driver.

ADULT GET GOLF READY
Get Golf Ready offers basic instruction preparing the adult golfer to play the game at all four courses. Basic, intermediate and women-only classes.

FAMILY SPORTS GOLTEC LESSONS
GOLTEC gives lessons to every player from beginners to serious competitive golfers. They will develop a customized plan to fit your game, your learning style and your goals.

START SMART GOLF
Before your child steps out on the green, sign up for a Start Smart Golf program at the Sports Complex or Goodson or Lone Tree recreation centers. Players will enjoy fun activities while using specialized learning equipment and practicing the motor skills necessary to play golf.

YOUTH LEARN TO PLAY GOLF
Youth Learn to Play Golf lessons are designed to cover the basic golf fundamentals of grip, stance, full swing, short game and etiquette.

JUNIOR GOLF CAMPS
JUNIOR GOLF - ADVANCED PLAYING CAMP
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OUTDOOR ADULT
SOCCER LEAGUES

DAVID A. LORENZ
REGIONAL PARK

LICENSED CAMPS / PRESCHOOL

SUMMER CAMPS

ADVENTURE DAY CAMP

Have a new adventure at Family Sports Center! During school breaks and summer, campers ages 6-12 can explore activities include laser tag, euro bungee, ice skating, mini golf and regular camp activities like crafts and sports.

CLUB CAMPS

Full day Club Camps at the Sports Complex, Buck, Goodson and Lone Tree recreation centers offer a wide range of activities including arts and crafts, sports, science fun, group games, swimming and more for campers during school breaks.

More Summer Camps

South Suburban offers a variety of camps and classes at over a dozen facilities and parks. At specialty camps, campers can try outdoor adventures like archery or BMX, explore the wonders of space and science, sharpen their photography or art skills and much more. View a full list of summer camps at register.ssprd.org.

JR. COUNSELORS

Give back and have fun this summer as a South Suburban Jr. Counselor! Jr. Counselors work with children in Kindergarten-6th grade while leading exciting camp activities like sports, art, pool days, field trips and more.

Universal Pre-K at South Suburban

Recreation Centers

- Save with universal pre-K at South Suburban’s affordable Child Discovery Time preschool program, available at Goodson and Lone Tree recreation centers! Your little one can grow and learn with unique activities like swimming, a full-sized gym for indoor play, and introduction to new sports with Kidokinetics, visits from the Carson Center Nature Van and more. The application for the Universal Preschool (UPK) Colorado program opened in January 2023, and families can learn more and apply at upk.colorado.gov.

PRESCHOOL

Parents Night Out

Hey parents! Take the night off and bring your kiddos (ages 3-12) to a movie night, complete with pizza and popcorn. Summer movie nights will be held at Goodson Recreation Center on June 9, July 14, and Aug. 11, and at Lone Tree Recreation Center on June 2, July 7, and Aug. 4.

To register for the following programs, contact the Registration Office at 303.347.5999. Summer session begins June 5.

SUMMER PRESCHOOL / PRE-KINDERGARTEN

The summer preschool/pre-kindergarten program offers Monday-Thursday sessions from 9 am-2 pm at Goodson and Lone Tree recreation centers. Children ages 3-5 will socialize, develop self-esteem, engage in physical activities, improve verbal, cognitive, and listening skills, and improve reading readiness and math skills at this state-licensed preschool program.

Camp and Preschool Registration Fees

Payment of annual registration fees is required to attend South Suburban licensed camps or preschool programs. The fee is $30 for licensed day camps, and $125R / $150NR for licensed child care and preschool programs. Visit register.ssprd.org to learn more about these fees and for more details about signing up for childcare, preschool and day camps.

OUTDOOR ADULT
SOCCER LEAGUES

DAVID A. LORENZ
REGIONAL PARK

SUMMER 2023

Play under the lights on new turf fields. Registration open April 10-May 30. Sign up at southsuburbansports.com

23

South Suburban Parks and Recreation Summer 2023
**NATURE / OUTDOOR RECREATION**

**SUMMER CAMPS**

**ADULT NATURE**

**CERTIFIED INTERPRETIVE GUIDE WORKSHOP**

Earn the respected title of Certified Interpretive Guide (CIG) to increase your skills and open doors in your career. Take a professional certification course, offered in partnership with the National Association for Interpretation.

**GUIDED HIKES**

Sign up this spring for popular guided hikes! Join a naturalist guide for adventures at regional parks and trails. Travel 3-6 miles with moderate elevation gain.

**CHILDREN’S NATURE CAMPS**

**ARCHERY**

Have fun, learn about archery and develop skills at a week-long Archery Camp. Visit register.ssprd.org for dates before the busy summer season.

**WATER SPORTS**

Dive in and learn how to kayak, sail and stand-up paddleboard (SUP) at... and so much more!

**NATURE CAMPS**

Make every day a new adventure at nature summer camps! Discover the world around us and learn fun skills at:

- Animal Senses Camp
- Fly Like a Bird Camp
- Mini Beekeepers Camp
- Mini Mountaineers Camp
- Outdoor Explorers Camp
- Primitive Survival Camp
- Trailblazers Camp
- Woods Medicine Camp
- Woods Medicine Camp

...and so much more!

**WATER SPORTS**

Try a Learn to Sail camp, SUP, Kayak and Sail camp, Wet and Wild Watersports camp and more to make a splash all summer long.

**More Nature Summer Camps**

Explore nature summer camps! There are tons of camps for children of all ages at South Platte Park, the Carson Nature Center and more locations all summer long. Visit register.ssprd.org to view a full list of camps.

**FAMILY NATURE & SPECIAL EVENTS**

**ARCHERY**

From weekly beginner classes to week-long camps, archers ages 8+ can develop skills with recurved, compound and crossbows from a certified instructor and range coach. This summer, South Suburban is offering:

- Indoor Beginner
- Intermediate
- Drop-in, Archery Tag
- Explore Archery options.

**ASTRONOMY**

Explore a riverside forest by moonlight on a Full Moon Walk.

**BIKE REPAIR**

Bring your bike and practice skills needed to replace a tire and tube, adjust brakes and gears, and more.

**HORSEBACK RIDING**

Learn or improve skills from grooming to cantering in horseback lessons for riders of all ability levels. Aspiring riders ages 5-7 can build confidence in the Kiddie Corral, and riders ages 8+ can gain more experience in a group setting Horseback Riding course.

**NATURETEENS**

South Platte Park’s NatureTeen program is a summer volunteer experience designed to foster leadership skills, mentoring roles, and job skills for youth ages 14-18. Most shifts include outdoor leadership and guidance for children in nature programs and camps. Check online for details and training dates before the busy summer season.

**SINGLE DAY CLASSES & EVENTS**

Fill your summer with family-friendly adventures! Catch a glimpse of protected wildlife at a free Coole Lake Nature Walk. Get your feet wet and learn Family Fishing Skills, and discover treasures in the outdoors like Geocaching.

- Special Events
  - Test your luck with Gold Panning.
  - Experience live raptors like falcons, owls and hawks take flight before your eyes.
  - at HawkQuest Night Out: always a favorite at Western Gold Panning.
  - Welcome Week: Enjoy the biggest celestial show of the summer during the Perseids Meteor Shower.
  - event.

**Nature Programs Now Available Throughout the District!**

Nature classes and events for explorers of all ages are now available in parks across the District as well as at South Platte Park. Visit register.ssprd.org to view a full list of nature programs and start planning your next adventure!

**Nature Program Scholarships Available**

Visit ssprd.org/scholarships to learn more and apply!

**Nature Van, Field Trips & Homeschool Opportunities**

South Platte Park can bring our nature van to your school or community meeting to provide a hands-on natural science experience. You can also book a field trip to the South Platte River for an adventure that aligns with local curriculum standards. Visit ssprd.org/nature to learn more and start planning your adventure!
SPORTS

SUMMER CAMPS

BMX / BIKE CAMPS

Ignite a passion for riding! Discover BMX skills in an exciting BMX Champs Camp. Held on our sanctioned County Line BMX Track.

MULTI-SPORT CAMPS

Learn the fundamentals of soccer, kickball, flag football and more at a Multi-Sport Champs Camp. Skyhawks Sports Camp or Fundamental Youth Sports camp. Campers can play and explore in SuperFits Sports Camp or Outdoor Adventure Champs Camp. Campers will hike, geocache, play disc golf, ride at the BMX track and more. Sport & Splash camps include fun drills and games to teach sports fundamentals, plus a half day of open swim.

SKILLS IMPROVEMENT CAMPS

Develop skills at Fundamental Development Lacrosse Camp or Advanced Skills Lacrosse Camp. Players can learn from experienced coaches and improve their game at Nothing But Net Basketball Camp. Practice and grow at Soccer Skills Development Camp.

SPORT CAMPS

Campers can practice their favorite sports and try new ones at a variety of summer sports camps! Work on coordination, improve fundamental skills and make new friends at sports camps including: Basketball Champs Camp Flag Football Champs Camp Flag Football Sport & Splash Camp Figure Skating Camp Gymnastics Camp Junior Tennis Champs Camp or Splash Tennis Junior Golf & Tennis Lacrosse Camp Soccer Champs Camp or Skills Development Camp Triathlon Camp Volleyball Camp

SPORTS

SUMMER CAMPS

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BASKETBALL

BASKETBALL CLINICS

Practice basic basketball skills at a Swisher Basketball Clinic, where participants focus on ball handling, dribbling, passing, shooting and rebounding. Players can learn from experienced coaches and compete in a fun environment at Nothing But Net camps.

For youth and adult league information, see pages 30-31.

BIKING

CHAMPS CAMP

Riders ages 5-12 can discover BMX skills in this exciting BMX Champs Camp. Held on our sanctioned County Line BMX Track.

ICE SKATING

ADULT LEARN TO SKATE

Beginner, Intermediate and Advanced ice skating lessons for skaters ages 18+.

YOUTH LEARN TO SKATE

From Parent/Tot to Advanced Freeskate and everything in between for ice skaters ages 2-17. Beginners can develop basic skills in Learn to Skate levels 1-6, and experienced skaters can learn even more in Freestyle and Ice Dancing classes.

HOCKEY

LEARN TO PLAY - HOCKEY

Beginner to advanced hockey skills for players ages 4-17. Tots (4-6) can gain basic skills in Hockey Pre levels 1-3 and Mighty Mites, and skaters ages 7-17 can develop their skills through more advanced techniques in Hockey levels 1-6.

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Beginner, Intermediate and Advanced ice skating lessons for skaters ages 18+.

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POCKETBALL

DROP-IN

Meet new friends and ace your game at Drop-In Pickleball at various indoor and outdoor locations across the District! View drop-in schedules at register.ssprd.org.

SOCCER

PROGRAMS & CAMPS

Learn coordination, teamwork and perseverance at soccer programs for players 12 and under. Various levels are offered for Colorado Soccer Buddies, and players can even more at a Soccer Instruction class.

MARTIAL ARTS

AIKIDO, KARATE & TAE KWON DO

Practice self-defense, discipline and other essential skills at one of South Suburban’s many martial arts classes for all ages and abilities. Different levels offered for Aikido, Colorado Budokan Karate, ISKF Colorado Karate and Taekwon Do classes. Adults, youth and families can learn techniques and gain confidence in Self-Defense classes.

GYMNASTICS

GYMNASTICS CLASSES

Various levels of instruction offered for gymnasts ages 6-11, from Beginner to Advanced. Active little ones ages 6 months-5 years can jump, tumble, learn and explore at gymnastics programs including Mighty Munchkins, Tiny Tots, Tumble Bugs, Tumble Tykes and Kindernastics.

New gymnastics sessions begin July 10.

PRIVATE LESSONS

Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for all ages and ability levels. Call 303.483.7083 or email sparks@ssprd.org to request a coach.

DROP-IN GYMNASICS

Enjoy extra practice time or burn off excess energy at Drop-In Gymnastics! Trained staff supervise sessions, but do not offer instruction or structured activities. Learn more and view schedules at register.ssprd.org.

MYSTERY SKILLS LACROSSE CAMPS

Develop skills at New Player Lacrosse Camp or Fundamental Development Lacrosse Camp, and improve your game at Advanced Skills Lacrosse Camp.

FENCING

FENCING CLASSES

Youth can develop balance, reflexes, confidence and self-esteem while exploring the art of Fencing!

LEARN TO PLAY - HOCKEY

Beginner to advanced hockey skills for players ages 4-17. Tots (4-6) can gain basic skills in Hockey Pre levels 1-3 and Mighty Mites, and skaters ages 7-17 can develop their skills through more advanced techniques in Hockey levels 1-6.

POCKETBALL

DROP-IN

Meet new friends and ace your game at Drop-In Pickleball at various indoor and outdoor locations across the District! View drop-in schedules at register.ssprd.org.

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Stay Updated on Tennis Programs
For the most up-to-date information on tennis classes, camps, and leagues, visit ssprd.org/tennis. Connect with us at facebook.com/groups/ssprdtennis, and sign up for the monthly tennis newsletter at ssprd.org/newsletter-signup!

Look forward to playing in the new Littleton Golf and Tennis facility this fall!

ADULT TENNIS
Drills by NTRP level, or work on your cardio with Twice a Week Drills.

JUNIOR TENNIS
The Junior ROGY Program uses a step-by-step progression to help players develop strong fundamental tennis skills.
- Red Ball (ages 5-7) on a mini court
- Orange Ball (ages 6-10) on a short court
- Green Ball (ages 11-14) on a full court

LITTLETON TENNIS ACADEMY
A progression program for players ages 12-18 advancing from ROGY program, with a focus on high school and tournament level play. Visit ssprd.org/tennis for additional information and registration links.

Personal Training at the South Suburban Sports Complex
Denver Human Performance (DHP) provides private, small group and team training for any athlete or sport teams seeking to improve their physical capabilities while strengthening camaraderie and discipline. Search for Sports Complex Sports Performance Training at register.sssprd.org to learn more and get started.

NEW BMX LEAGUE FOR BEGINNERS!

PANCAKE STAMPEDE 5K
Work up an appetite for a deluxe post-race breakfast at the Pancake Stampede 5K on Sunday, Aug. 13. The race takes place on the Mary Carter Greenway along the South Platte River, and is part of Littleton’s Western Welcome Week celebration.

BLUFFS 8K TRAIL RUN
Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree on Sunday, Aug. 27. The course is fine crushed gravel with some rugged, steep areas along the route.

TRYATHLONS
Swim, bike, run! South Suburban’s TRYathlons are the perfect way to “try a tri.” Challenge yourself and learn more about these exciting races in a friendly environment open to athletes of all levels.
- Goodson TRYathlon: Sunday, June 25
- Cook Creek TRYathlon: Saturday, July 29
Racers ages 6-12 can prepare for a race at a Triathlon Camp!
For more details, distances and to register visit ssprd.org/tryathlon.

CARA Summer Track
Competitors ages 6-15 can develop skills for different track events while working on running form, speed, distance and endurance in this summer track program!

RACE SERIES
Visit ssprd.org/raceseries to learn more and register for South Suburban races!

LIVE MUSIC AT THE CAMPUS STAGE
Enjoy the live music at the Campus Stage every Thursday throughout the summer.

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## 2023 Adult Sports Leagues

<table>
<thead>
<tr>
<th>Sport</th>
<th>Season</th>
<th>Registration Range</th>
<th>League Starts</th>
<th>Fees</th>
<th>Games</th>
<th>Types of Leagues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Summer</td>
<td>April 10 - June 7</td>
<td>June 12</td>
<td>$575</td>
<td>8 + playoffs</td>
<td>Women’s, Mens Rec, Mens Comp &amp; Mens Open</td>
</tr>
<tr>
<td>Field Lacrosse</td>
<td>Summer</td>
<td>April 11 - May 26</td>
<td>June 7</td>
<td>$960</td>
<td>8 + playoffs</td>
<td>Mens Rec, Mens Comp, Master’s 35+ &amp; Free Agent Availability</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Session I</td>
<td>Summer</td>
<td>April 5 - May 22</td>
<td>June 5</td>
<td>$154</td>
<td>7 weeks + playoffs</td>
</tr>
<tr>
<td></td>
<td>Session II</td>
<td>Summer</td>
<td>May 31 - July 17</td>
<td>July 31</td>
<td>$154</td>
<td>7 weeks + playoffs</td>
</tr>
<tr>
<td>Raquetball</td>
<td>Summer</td>
<td>April 4 - May 13</td>
<td>May 22</td>
<td>$49/$59</td>
<td>8 weeks + shootout</td>
<td>Intermediate &amp; Advanced</td>
</tr>
<tr>
<td>Soccer</td>
<td>Arena I</td>
<td>Summer</td>
<td>March 6 - April 30</td>
<td>May 8</td>
<td>$650</td>
<td>7 + playoffs</td>
</tr>
<tr>
<td></td>
<td>Arena II</td>
<td>Summer</td>
<td>May 1 - June 25</td>
<td>July 10</td>
<td>$650</td>
<td>7 + playoffs</td>
</tr>
<tr>
<td></td>
<td>Outdoor Field</td>
<td>Summer</td>
<td>April 10 - May 31</td>
<td>June 8</td>
<td>$1050</td>
<td>8 + playoffs</td>
</tr>
<tr>
<td>Softball</td>
<td>Summer</td>
<td>April 5 - May 24</td>
<td>May 29</td>
<td>$605</td>
<td>9 + playoffs</td>
<td>Men’s Rec, Men’s E, Men’s Open Coed D, Coed E</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Indoor</td>
<td>Summer</td>
<td>April 19 - June 7</td>
<td>June 16</td>
<td>$195</td>
<td>14 + playoffs</td>
</tr>
<tr>
<td></td>
<td>Outdoor</td>
<td>Summer</td>
<td>April 5 - May 30</td>
<td>June 5</td>
<td>$225</td>
<td>14 + playoffs</td>
</tr>
</tbody>
</table>

Register for all adult/youth leagues at [southsuburbansports.com](http://southsuburbansports.com)

## 2023 Youth Sports Leagues

<table>
<thead>
<tr>
<th>Sport</th>
<th>Grades</th>
<th>Season</th>
<th>Registration Range</th>
<th>Practice Start (week of)</th>
<th>Games Start (week of)</th>
<th>Fees (R/NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball - Boys</td>
<td>2nd - 3rd</td>
<td>Summer</td>
<td>Jan 1 - May 3</td>
<td>May 29</td>
<td>June 5</td>
<td>$85/$103</td>
</tr>
<tr>
<td></td>
<td>4th - 8th</td>
<td>Summer</td>
<td>Jan 1 - May 3</td>
<td>May 29</td>
<td>June 5</td>
<td>$99/$119</td>
</tr>
<tr>
<td>Basketball</td>
<td>3x3 Outdoor</td>
<td>Summer</td>
<td>April 17 - June 6</td>
<td>N/A</td>
<td>June 26</td>
<td>$40/$45</td>
</tr>
<tr>
<td>Indoor</td>
<td>50 - 8th</td>
<td>Fall</td>
<td>June 12 - Aug 18</td>
<td>N/A</td>
<td>Sep 8</td>
<td>$90/$105</td>
</tr>
<tr>
<td>Field Lacrosse</td>
<td>1st - 12th</td>
<td>Summer</td>
<td>April 3 - May 6</td>
<td>June 5</td>
<td>Jun 19</td>
<td>$185/$105</td>
</tr>
<tr>
<td>Flag Football</td>
<td>K - 3rd</td>
<td>Fall</td>
<td>June 1 - Aug 21</td>
<td>Aug 28</td>
<td>Sep 9</td>
<td>$75/$90</td>
</tr>
<tr>
<td></td>
<td>4th - 8th</td>
<td>Fall</td>
<td>June 1 - Aug 21</td>
<td>Aug 28</td>
<td>Sep 9</td>
<td>$85/$100</td>
</tr>
<tr>
<td>Little Sluggers</td>
<td>June</td>
<td>Pre K</td>
<td>Summer</td>
<td>Jan 1 - May 3</td>
<td>N/A</td>
<td>Jun 5 $44/$54</td>
</tr>
<tr>
<td></td>
<td>July</td>
<td>Pre K</td>
<td>Summer</td>
<td>Jan 1 - Jun 27</td>
<td>N/A</td>
<td>Jul 10 $44/$54</td>
</tr>
<tr>
<td>Softball - Girls</td>
<td>2nd - 3rd</td>
<td>Summer</td>
<td>Jan 1 - May 3</td>
<td>May 29</td>
<td>Jun 5</td>
<td>$85/$103</td>
</tr>
<tr>
<td></td>
<td>4th - 8th</td>
<td>Summer</td>
<td>Jan 1 - May 3</td>
<td>May 29</td>
<td>Jun 5</td>
<td>$99/$119</td>
</tr>
<tr>
<td>Tee Ball</td>
<td>K - 1st</td>
<td>Summer</td>
<td>Jan 1 - May 3</td>
<td>May 29</td>
<td>Jun 5</td>
<td>$85/$103</td>
</tr>
<tr>
<td>Volleyball</td>
<td>2nd - 4th</td>
<td>Fall</td>
<td>June 5 - Aug 4</td>
<td>Aug 28</td>
<td>Sep 16</td>
<td>$60/$75</td>
</tr>
<tr>
<td></td>
<td>5th - 12th</td>
<td>Fall</td>
<td>June 5 - Aug 4</td>
<td>Aug 28</td>
<td>Sep 16</td>
<td>$75/$90</td>
</tr>
</tbody>
</table>

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## 2023 Tournament Schedule

### Adult Softball

<table>
<thead>
<tr>
<th>Title</th>
<th>Division’s</th>
<th>Fee</th>
<th>Date</th>
<th>For more Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ducks on the Pond</td>
<td>Mens D</td>
<td>$200</td>
<td>June 3</td>
<td><a href="http://southsuburbansports.com">southsuburbansports.com</a></td>
</tr>
<tr>
<td>Grand Slam</td>
<td>Mens D</td>
<td>$200</td>
<td>July 15</td>
<td><a href="http://southsuburbansports.com">southsuburbansports.com</a></td>
</tr>
</tbody>
</table>

### Adult Pickleball

<table>
<thead>
<tr>
<th>Title</th>
<th>Fee</th>
<th>Date</th>
<th>For more Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firecracker Finale Doubles</td>
<td>Mens/Women’s/Mixed 2.0-5.0</td>
<td>$30</td>
<td>July 15-16</td>
</tr>
</tbody>
</table>

More information available at [southsuburbansports.com](http://southsuburbansports.com)

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**Rainout Line**

South Suburban has a weather hotline: 303.219.1150.

Download the free app RainoutLine

Search: SSPRD rainoutline.com

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**South Suburban Parks and Recreation**

Summer 2023
LET’S CELEBRATE YOU!

Choose how to enjoy your special day with unique birthday packages at locations across South Suburban. Planning your celebration with us is a piece of cake!

**Art Parties**
Celebrate your birthday with a creative twist! Art parties for kids or adults include a room and art activity instruction. Choose from dance, clay, painting, cupcake decorating, theatre or the Creativity Lab.

**Colorado Journey Mini Golf**
Explore the wonders of Colorful Colorado and make your birthday a hole-in-one. Choose from a variety of mini golf party packages including 18 holes, a reserved party area and more.

**County Line BMX**
Riders, get ready to race! Hit the track with an adventurous BMX birthday party, including exclusive track access and a sheltered picnic table area for festivities.

**eSports & Gaming**
Show off your skills with a gaming party at the eSports Lounge! Play your choice of over 250 games on professional gaming computers with headsets and gaming chairs, or on today’s most popular gaming consoles.

**Family Sports Center**
There’s something for everyone at a Family Sports Center party, from ice skating and laser tag to arcade games and a rock climbing wall.

**Gymnastics**
Have a blast at a fun and energetic gymnastics party! Enjoy the obstacle course, foam pit, trampoline, parachute activities and games.

**Nature**
Welcome, explorers! Celebrate in the great outdoors with a nature birthday party, including naturalist-guided programs on creepy crawlies, river treasures, geocaching, fairy parties and more.

**Pool Parties**
Make a splash on your special day! Pool parties are available year-round at Buck or Lone Tree’s indoor pools, or plan a summer party at Cook Creek pool.

**Sports Complex**
Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

**Tennis**
Ace your special day with a tennis party, great for guests of all ages and abilities. Enjoy a court rental, instruction from a tennis pro, and food and beverage options.

Learn more at ssprd.org/birthdays

---

**EVENTS**

**DANCES**
Dance and listen to the DJ play your favorite tunes each month. Meet old friends and make new ones. Enhance the fun by dressing according to each monthly theme. Summer themes include 5 O’Clock Somewhere, Bruce Springsteen and Swing Dance.

**STAR TRIPS AND TOURS**
Enjoy outings with friends on STAR trips and tours this summer! Explore Colorado and make summer memories at STAR Club. Roast s’mores at the Craft and Bonfire night. Spend a day in Bailey soaking up the fresh mountain air and fishing on the annual Rainbow Roundup Fishing trip.

**STAR GYM GAMES**
Work out with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. Contact Brendan Lawbaugh at blawbaugh@ssprd.org / 303.730.4614 for more information.

**STAY CONNECTED!**
Sign up for the STAR email newsletter for the latest updates on trips, events and more. Scan the code to sign up or visit ssprd.org/Newsletter-Signup.

---

**PROGRAMS**

**AQUA EXERCISE**
Work on a variety of exercises including range of motion, cardio and more in the warm water therapy pool. Must be able to swim in five feet of water.

**GAMES & SPORTS**
Stay active as you play a variety of creative games and sports each week in STAR Gym Games. STAR Turf Field Games. STAR Kickball. STAR Flag Football and STAR Golf. Challenge yourself for a month with the STAR Steps Challenge.

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ssprd.org
South Suburban Parks and Recreation  Summer 2023
Light up your weeknights with GLOW BALL Tuesdays AND Thursdays starting in June!

Explore Hudson Gardens this summer!
Explore the colors, sounds and beauty of the 30-acre landscape. Enjoy walking trails, garden exhibits, open spaces, river access and more!

Planning an event? Let Hudson Gardens do the work for you. The three unique venues help create your vision for the perfect day.

Schedule a tour today at hudsongardens.org

Make any day a hole-in-one at South Suburban’s Colorado Journey Two 18-hole Colorado-themed miniature golf courses

Book your next party today!

Explore Hudson Gardens this summer!
SUMMER SPLASH PASS

UNLIMITED ADMISSION TO ALL FOUR OUTDOOR POOLS

SSPRD.ORG/SPLASH
GET YOUR SPLASH PASS MAY 1!

NOW HIRING ALL POOL POSITIONS
careers.ssprd.org